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Natural Sweetener Stevia rebaudiana and its compatibility with Bitter Gourd (Momordica charantia) and other anti-diabetic herbs: Pankaj Oudhia on Stevia

- Posted by [Pankaj Oudhia](#) on February 14, 2013 at 5:18
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Stevia rebaudiana is new plant for India. As natural sweetener it is new to Indian Traditional Healers specially Traditional Diabetes Experts practicing Traditional Medicinal Knowledge since time immemorial. Although Stevia is under promotion as panacea and compatible sweetener with almost all

food items and drugs but these claims lack scientific evidences and research references. No one knows the long term positive and negative effects of it specially when taken with other herbs.

In India patients suffering from Diabetes have many questions about Stevia. In general they take Bitter Gourd (Karela), Fenugreek (Methi), Gudmar (Gymnema), Panir Phool (Withania coagulans) etc. for Diabetes management in different forms. Whether Stevia is compatible with these Diabetes Herbs or not? Pankaj Oudhia is giving comments on this important health issue. The audio is in Hindi.

http://yourlisten.com/channel/content/16949540/Pankaj_Oudhia_on_Ste...

About Audio Bank Project

Audio Bank on Biodiversity and Traditional Healing Project started from year 1990 and at present there are Audio Files of several Thousands hours. This project is focused on Pankaj Oudhia's work on Biodiversity and Traditional Healing. The Audio Files are in English, Hindi and Chhattisgarhi. Hundreds of interviews with Traditional Healers, Herb Collectors, Herb Traders, Traditional Cancer Experts, Traditional Snake Experts, Medicinal Rice Growers, Traditional Agricultural Knowledge Experts, Traditional Entomotherapists etc. are important part of this project. The efforts are in progress to present this Audio Bank through pankajoudhia.com

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Comment by [Nevill Misigo Kavuludi](#) on February 26, 2013 at 15:57

A milestone in combating one of the world's burden. Traditional medicine is good especially if it is administered in the correct dosage.

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About



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